

I CLAIM:

1. A food supplement comprising a substance which increases nitric oxide production in the body, and, a source of amino acids.
2. A food supplement according to claim 1 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.
3. A food supplement according to claim 2 wherein the substance is ginseng.
4. A food supplement which comprises a substance which can enhance and/or mimic insulin activity, and a source of amino acids.
5. A food supplement according to claim 4 wherein the substance is glucomannan.
6. A food supplement according to claim 4 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.
7. A food supplement according to claim 6 wherein the substance is myo-inositol.
8. A supplement which increases nitrogen retention in the body comprising a substance which increases nitrogen retention and a source of amino acids.
9. A supplement according to claim 8 wherein the substance

which increases nitrogen retention in the body is selected from the group consisting of glucomannan) and l-arginine.

*Sab C1*  
10. A supplement according to claim 9 wherein the substance is glucomannan.

*Sab 5*  
11. A supplement comprising a glycosidal saponin, glucomannan D-chiro-inositol, myo-inositol, and a source of amino acids.

12. A supplement comprising a glycosidal saponin, glucomannan myo-inositol, and a source of amino acids.

*Sab AD 10*  
13. A supplement according to any one of claims 1 to 12 wherein the source of amino acids is selected from the group consisting of WPI 97, Whey Peptides, WPC 80, ION EXCHANGE, lactoferrin, and whey protein.

14. A food supplement comprising a substance which increases nitric oxide production in the body, and, whey protein.

15. A supplement according to claim 14 wherein the whey protein is WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE whey protein.

16. A supplement according to claim 14 wherein the whey protein is a combination of two or more of WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE whey protein.

20 17. A food supplement according to claim 14 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine and folic acid.

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18. A food supplement according to claim 17 wherein the substance is ginseng.
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19. A food supplement comprising 1mg-3000 mg glycosidal saponins; 1mg-2000mg myo-inositol; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and a source of amino acids.
- 10  
20. A food supplement according to claim 19 wherein the glycosidal saponins comprise 150mg to 1500mg; the myo-inositol comprises about 100mg to 2000mg; and the glucomannan comprises 25 mg to 2000mg.
- 15  
21. A food supplement according to claim 19 wherein the glycosidal saponins comprise 50mg to 500mg; the myo-inositol comprises about 200mg to 1000mg; and the glucomannan comprises 50mg to 1000mg.
22. A food supplement according to claim 19 wherein the glucomannan comprises 100mg to 500mg.
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23. A food supplement according to claim 19 wherein the glycosidal saponins comprise about 50mg.
- 20  
24. A food supplement according to anyone of claims 19-23 wherein the source of amino acids is whey protein.
- 25  
25. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which increases nitric oxide production in the body and a source of amino acids.
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26. A method according to claim 25 wherein the substance which increases nitric oxide production is selected from the group

consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

*Sub C11*  
27. A method according to claim 26 wherein the substance is ginseng.

*Sub C12*  
28. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and a source of amino acids.

*Sub C13*  
29. A method according to claim 28 wherein the substance is glucomannan.

30. A method according to claim 28 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

*Sub C14*  
15 31. A method according to claim 30 wherein the substance is myo-inositol.

*Sub C15*  
32. A method according to claim 31, wherein the supplement is administered to the diet of the athlete on a daily basis.

*Sub C16*  
20 33. A method according to claim 32, wherein the food supplement is mixed with water to provide a liquid drink.

*Sub C17*  
34. A method for increasing muscle mass and or strength of an individual, comprising administering to the diet of the athlete an effective amount of a supplement a substance which increases nitric oxide production in the body and a source of amino acids.

35. A method according to claim 34 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

Sub  
C15

36. A method according to claim 35 wherein the substance is ginseng.

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37. A method for increasing muscle mass and or strength of an individual comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and a source of amino acids.

38. A method according to claim 37 wherein the substance is glucomannan.

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39. A method according to claim 37 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

Sub  
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40. A method according to claim 39 wherein the substance is myo-inositol.

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41. A method according to claim 40 wherein the supplement is administered to the diet of the athlete on a daily basis.

Sub  
C23

42. A method according to claim 41 wherein the food supplement is mixed with water to provide a liquid drink.

43. A method for supplementing the diet of an athlete, comprising

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administering to the diet of the athlete an effective amount of a supplement comprising a substance which increases nitric oxide production in the body and whey protein.

44. A method according to claim 43 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

Sub C25  
5 45. A method according to claim 44 wherein the substance is ginseng.

Sub C12  
10 46. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and whey protein.

Sub C27  
15 47. A method according to claim 46 wherein the substance is glucomannan.

48. A method according to claim 46 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

Sub C28  
20 49. A method according to claim 48 wherein the substance is myo-inositol.

Sub C13  
50. A method according to claim 48, wherein the supplement is administered to the diet of the athlete on a daily basis.

Sub C30  
51. A method according to claim 50, wherein the food supplement

is mixed with water to provide a liquid drink.

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52. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising 1mg-3000 mg glycosidal saponins; 1mg-  
5 2000mg myo-inositol; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and a source of amino acids.
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53. A method according to claim 52 wherein the glycosidal saponins comprise 150mg to 1500mg; the myo-inositol comprises about 100mg to 2000mg; and the glucomannan comprises 25 mg to 2000mg.
54. A method according to claim 52 wherein the glycosidal saponins comprise 50mg to 500mg; the myo-inositol comprises about 200mg to 1000mg; and the glucomannan comprises 50mg to 1000mg.
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55. A method according to claim 52 wherein the glucomannan comprises 100mg to 500mg.
56. A method according to claim 52 wherein the glycosidal saponins comprise about 50mg.
- add C 33*
57. A method according to anyone of claims 52-56 wherein the source of amino acids is whey protein.
- add F 37*